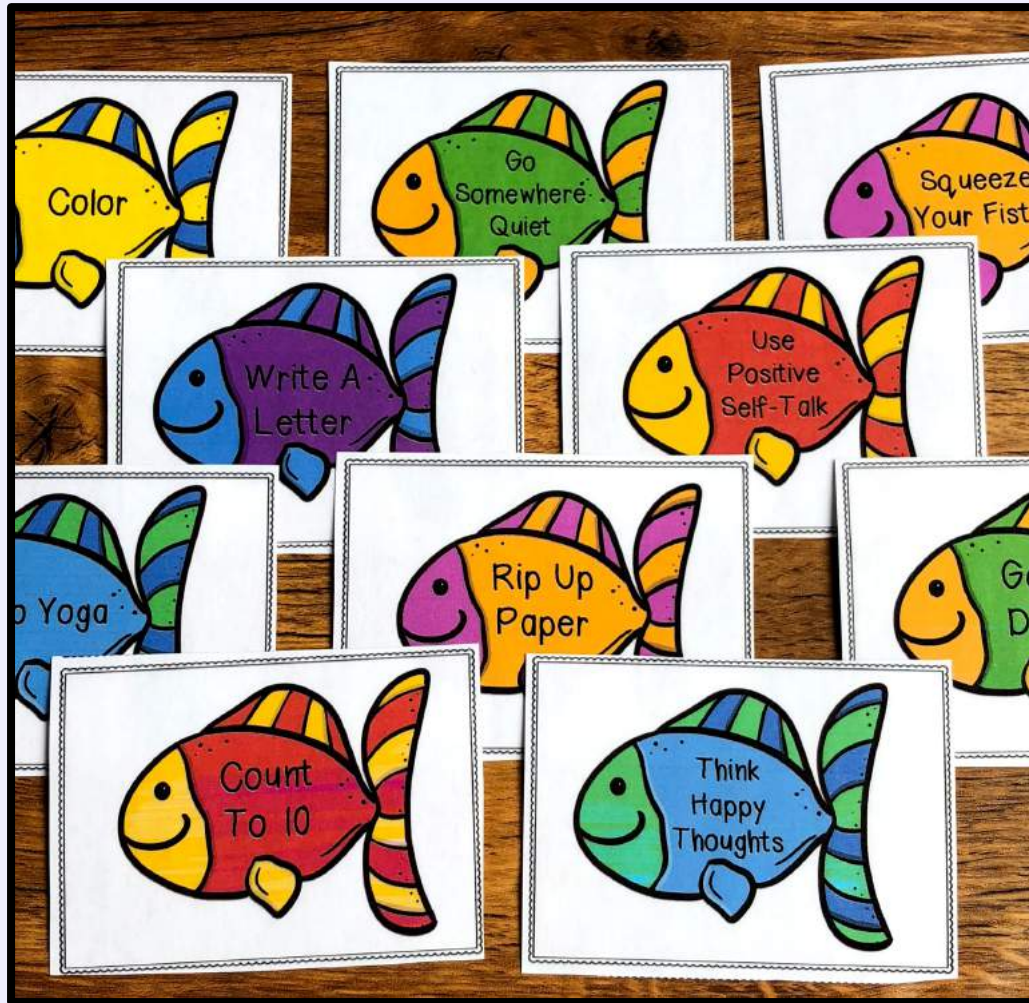


Help your students learn how to manage their feelings in a positive way with these coping skills activities!



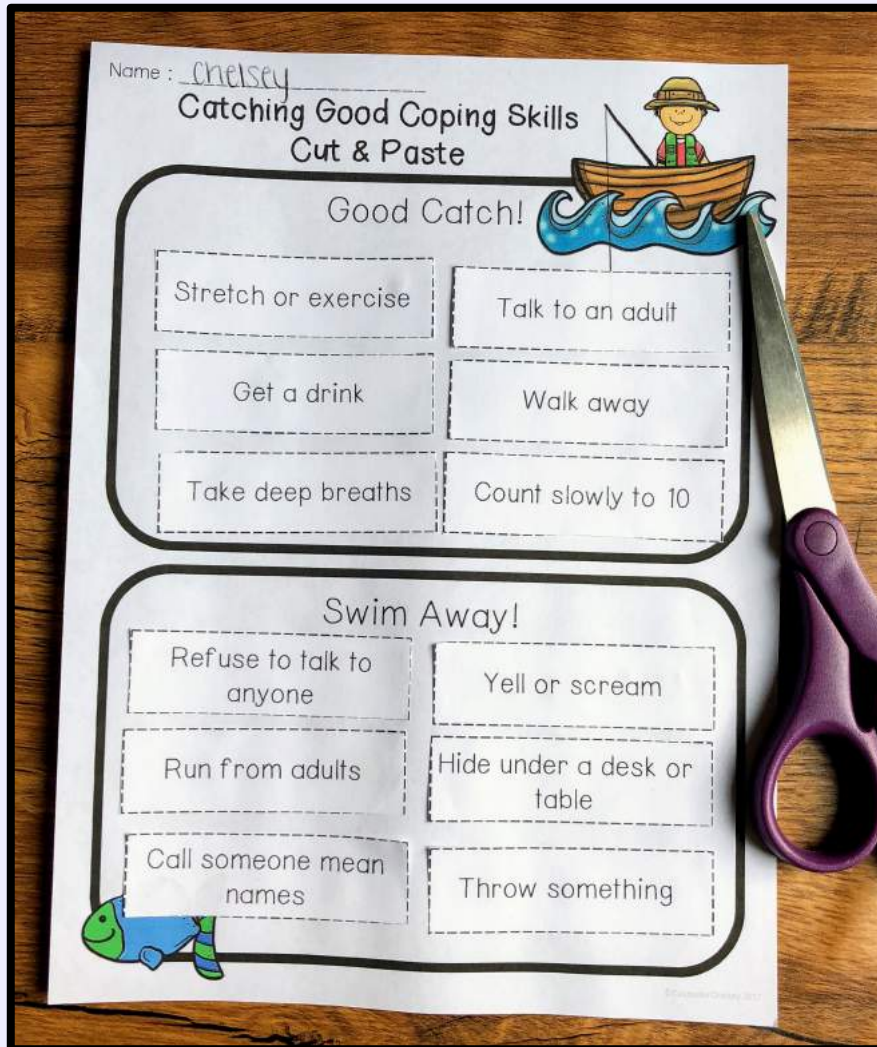
- Students will develop positive coping skills that they can use in real life situations.
- Students will be able to differentiate between positive and negative coping skills.
- All materials come in color and black and white!

32 COPING SKILLS CARDS



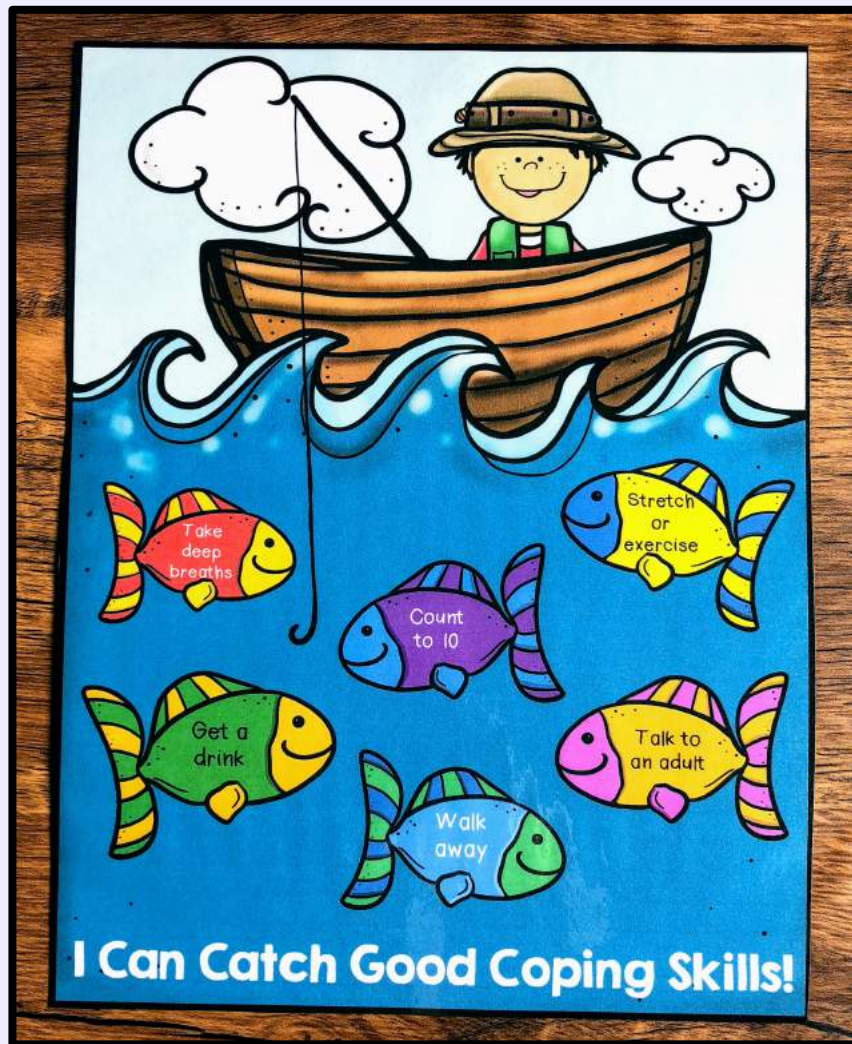
Includes 24 positive coping skills cards and 8 negative coping skills cards, and directions for 3 different ways to use them.

CUT AND PASTE ACTIVITY



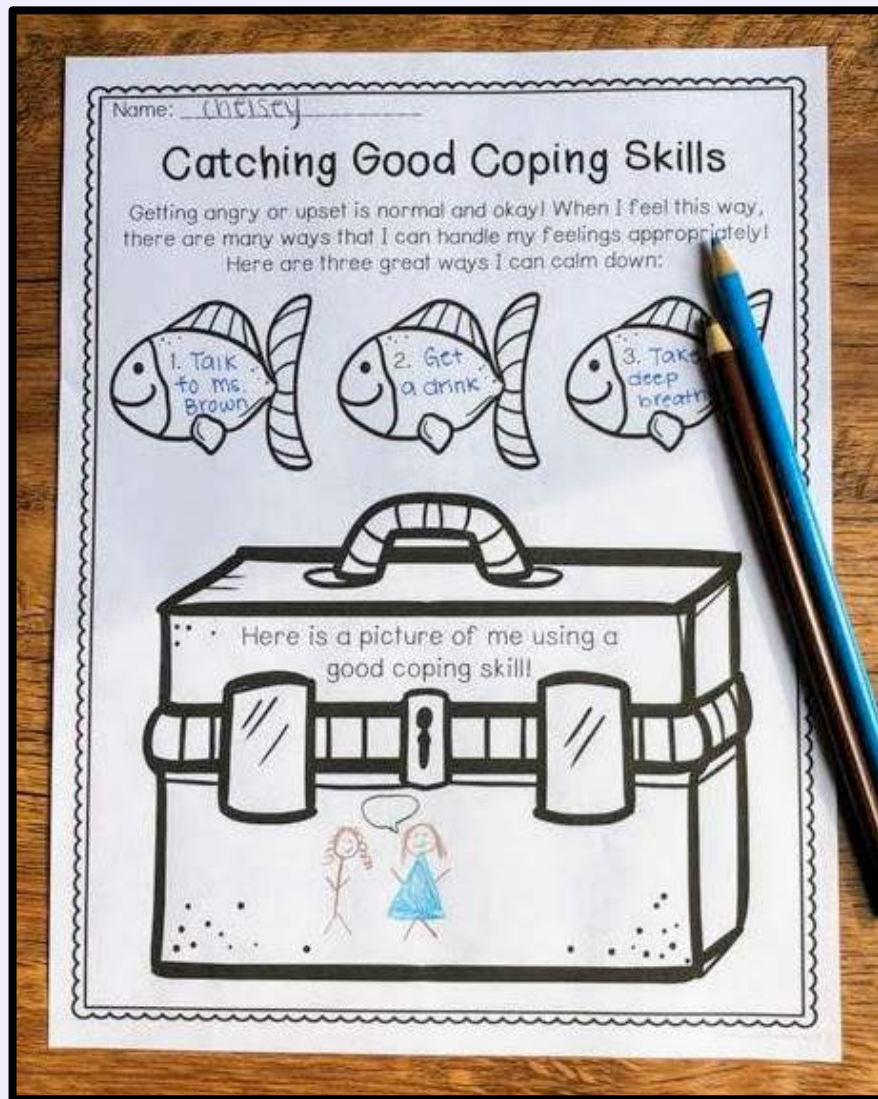
Students will look at 12 coping skills and decide if they are a “good catch” or if they should “swim away!”

POSTER/VISUAL AID



Display this poster in your office, or use it as a visual aid during the activities in this resource.

WORKSHEET



Students will identify positive coping skills and then draw a picture of them.

WHAT PEOPLE ARE SAYING...

“My students love this!!! Very engaging and spot on! Just what I needed :-)”
–Diane S.

“Colorful and easy to use resource for students who have trouble with expressing and regulating their emotions.”
–Sherri F.

“This is such a cute theme for kiddos and is a great tool to get them engaged in learning more about their coping skills.” –Sarah B.

TEACHING ABOUT COPING SKILLS? BUNDLE & SAVE!

Coping Skills & Self-Regulation

ACTIVITIES BUNDLE



These activities are part of a bundle that includes 10 resources focused on coping skills and self-regulation. The bundle includes small group plans, task cards, interactive notebook pages and more to help kids better understand and manage their emotions.

See The Bundle Now